

*THE GOOMNA ADVENTURE RACE
POWERED BY THE KORTE COMPANY*

*and the
HIGHLAND PARKS & RECREATION DEPARTMENT
SATURDAY JUNE 14, 2014
9:00 AM START*



HIGHLAND
PARKS & RECREATION... The FUN Theory!

KORTE

build smart.



TEAM NAME:

Print All Fields	Captain	Team Member #2	Team Member #3
Name			
Address			
City, State			
Zip Code			
email			
Daytime Phone #			
Emergency #/Name			
Gender			
D.O.B.			
Shirt Size			

Registrations must be submitted or post-marked before June 1, 2014

Checks made payable to: City of Highland

Mail to:

Highland Parks & Recreation

c/o Goomna Adventure Race

P.O. Box 218

Highland, IL 62249

For Additional Information, please call 618.651.1386 or visit us at www.highlandil.gov



MISSION:

*TO PROVIDE A UNIQUE RACE EVENT THAT INCORPORATES TEAMWORK, STAMINA AND AN
APPRECIATION FOR LIVING A HEALTHY LIFESTYLE.*

General Rules:

- > No outside assistance permitted at any time during and throughout the race. Teams must be 100% self-sufficient.
- > No support personnel permitted along the course or transition areas.
- > Co-ed teams of three only. Participants must be a minimum of 18 years of age to enter.
- > There is always the potential for a portion or portions of the race to require either one or all team members to enter water.
- > Teammates shall never be more than 100 feet apart unless instructed to do so by race officials.
- > Bib numbers shall be present at all times throughout the race unless entry to water is required.
- > Be prepared for unannounced physical and/or mental challenges at any time during the race.
- > The "Leave No Trace" rule is in place. Any team violating this will receive a one (1) hour penalty
- > Some contingencies can be expected as a result of unforeseen circumstances.

> **IT IS STRONGLY RECOMMENDED TO KNOW BASIC ORIENTEERING CONCEPTS!**

Registration:

- > Registration forms must be received or post-marked no later than June 1, 2014.
- > Team check-in will open at 7:00am. The entire team must be present at time of sign-in.
- > Maps and instructions will be dispersed on race day.

Refunds:

- > Notification of withdrawal prior to June 1, 2014: 100% refund
 - > Notification of withdrawal after June 1, 2014 and before June 13, 2014: 25% refund
 - > Notification June 13, 2014 or later: 0% refund
- *Some exceptions do apply with written approval from physician, etc.

Recommended Individual Gear:

Hydration Pack	<input type="text"/>
Whistle	<input type="text"/>
PFD/Lifejacket	NA
Nourishment	<input type="text"/>
Bike Helmet	<input type="text"/>

Recommended Team Gear:

Compass	<input type="text"/>
Refuse Kit	<input type="text"/>
Bike Repair Kit	<input type="text"/>
First Aid Kit	<input type="text"/>

Two (2) nonperishable food items per entrant to donate to the Highland Food Pantry

Checkpoints:

- > Checkpoints must be visited in order as directed by Race Official.
- > Checkpoints must be visited by all three members of the team at the same time.
- > A missed checkpoint can be retrieved at any point of the race if it has been missed. However in the event that a team finishes without having all checkpoints verified, the team will not be ranked but labeled DNF, (Did Not Finish).
- > A lost passport will require the team to contact the Race Director at a manned checkpoint and held there until the Race Director makes an accommodation. A time penalty will be assessed.

Biking:

- > All participants must wear an ANSI approved Helmet when on bikes.
 - > Bikes shall be of the standard mountain bike frame. No road bikes of nature will be permitted.
 - > *Tires shall have minimum dimensions of 26" diameter by 1.8" width and have distinguished tread/knobbies in order to accommodate a variety of surface conditions, roads and trails.*
- *Failure to meet these standards will prohibit your team from being eligible to compete for prizes.*

Timing:

- > The race HQ will be the official time clock for the race. The race time is real time and begins when the race starts and stops when the last team finishes.
- > A minimum thirty minute (30:00) time penalty can be imposed for any team violating any rules of the race. Be warned that deliberate littering of the course will be two hours.
- > The winning team will be the first team to cross the finish line in the shortest amount of time and has successfully visited each checkpoint. Race officials will validate that each teams' passport has been marked accordingly.
- > Teams must arrive together and their final time will not be recorded until all members of the team cross the finish line.

Race:

- > Let it be known that the race director has the authority to adjust the rules as he sees fit leading up to the race in order to provide a unique and challenging experience. Updates will be provided if and/or when they arise.
- > A maximum time of eight (8) hours will be given for teams to complete the course.
- > The Race Director reserves the right to pull a team off the course in the event that the team will not be able to complete the entire course in a reasonable amount of time.
- > **NO TRESSPASSING OR TRAVERSING OVER PRIVATE PROPERTY!** The course is designed in a manner in which teams are able to reach checkpoints by using public roads and land.
- > It will be important to have at least one person on the team capable of being able to read a compass on a map using bearings given by the Race Director. For example: 250 degrees - .50 miles
- > Water will be located at selected checkpoints for racers to replenish fluids, packs and/or bottles.
- > **THIS IS AN ADVENTURE RACE WITH NO SPECIFIC COURSE. IT IS IN EACH TEAM'S BEST INTEREST TO HAVE A POSITIVE ATTITUDE AND BE WILLING TO ADAPT AND IMPROVISE AT A MOMENT'S NOTICE.**

Fees/Prizes:

- > Entry Fee: \$195/team
- > First Place: \$300.00 (Compliments of **Lucco Financial Partners**)
- > Second Place: (3) \$50.00 Gift Certificates to The Alpine Shop. (Compliments of **The Alpine Shop**)
- > Third Place: (3) \$25.00 Gift Certificates to The Alpine Shop. (Compliments of **The Alpine Shop**)
- > Each participant will receive a long-sleeve T-Shirt and registration gifts.
- > Each participant will receive a coupon for a post-race meal. **RACE PARTICIPANTS ONLY!** (Compliments of **E.F. Express** and **Portell & Associates**)